

SkillsUSA Michigan

Culinary Arts

Contestant's Orientation

Welcome Letter, Schedule and General Regulations for the Contest

Please read over all rules and recipes for this competition. If you have any questions regarding the competition, please email Chef Aaron Gaertner at Agaertner@spsd.net or call 989-399-6223

Box Lunches are available for anyone attending and competing, but must be paid for in advance. Cost is \$6. In the past, people ordered lunches and didn't pay, so Kristen and Julie covered the costs.

**Box Lunches must be pre-paid. Money is due by March 15, 2017
Make Check Payable to: GRCC SICE Send check to: Kristen Dogan
Branch Area Careers Center
366 Morse Street Coldwater, Michigan 49036**

**2017 SkillsUSA Michigan
HIGH SCHOOL CHAMPIONSHIPS
TASK AND MATERIALS LIST
SKILL OR LEADERSHIP AREA: CULINARY ARTS**

HIGH SCHOOL CONTEST LOCATION:

Grand Rapids Community College in Grand Rapids

RECEPTION and COMPETITION:

- Friday, April 7, 2017 Optional reception
 - Location: ATC Banquet Rooms at GRCC
 - 5:00 – 5:30 p.m. Q and A
 - 5:30 – 6:30 p.m. Reception for Judges, Students, Teachers/Chef Instructors, Facilitators, and Advisors
 - 6:30 – 7:30 p.m. Tour the SICE kitchens and facilities
- Saturday, April 8, 2017 Competition day
 - Location: ATC Kitchens Rooms 109 and 111
 - 7:30 – 8:30 a.m. Judges orientation and continental breakfast for judges
 - 8:00 – 8:30 a.m. Student Check-in
 - 8:30 – 9:00 a.m. Orientation for students and teachers
 - 9:00 – 9:30 a.m. Orientation for students only
 - 9:30 a.m. Competition begins with all students setting up stations
 - 10:00 a.m. staggered starts begin
 - 11:00 – 2:00pm Box lunches available for \$5 if ordered ahead of time in ATC 118/120. Please contact your technical committee member.

Friday Reception Location:

Applied Technology Center (ATC)
151 Fountain NE
Grand Rapids, MI, US
(616) 234-GRCC
<http://www.grcc.edu/>

Contest Check-in and Location:

Secchia Institute for Culinary Education
Applied Technology Center (ATC)
151 Fountain NE
Grand Rapids, MI, US
(616) 234-GRCC
<http://www.grcc.edu/sice>

PURPOSE

The purpose of the Skills USA contest is to evaluate each contestant's preparation for employment and to recognize outstanding students for excellence and professionalism in the culinary arts.

RESUME:

Each student must submit a one-page printed resume before the contest start at the contest site (present to contest coordinator, not judges). The resume is no longer submitted online. This is the only time that resumes can be turned in. Failure to do so will result in a 10 point penalty.

CLOTHING REQUIREMENTS:

- Hat: White chef hat, any style, paper or cloth, AND hairnet (no baseball caps or doo-rags)
- Pants: Black pants or black-and-white checkered chef's pants. Pants must fit properly and not drag on the floor.
- Coats: White chef coat or chef shirt, plain (no student or school names or logos)
- Apron: White
- Shoes: Black or white leather top non-slip shoes or clogs (Tennis shoes will not be allowed)
- White neckerchiefs optional.
- No jewelry is allowed (including watches)
- Beards must be covered by a snood during all periods of food handling.
- No cell phones are permitted on the contest floor and cannot be used in place of a kitchen timer.
- No school logo, school name, contestant name or any other identifying marks of any kind are allowed on clothing. If you do have them, they must be covered up so that no part of the identification is visible.
- Notes regarding new SkillsUSA official black jacket:
 - First and foremost, the black jackets are NOT replacing the red jackets.
 - At the National level, the black jackets will be considered part of official dress, can be worn at competitions and will be allowed on stage.
 - At the State level, each state is allowed to determine if the black jacket is acceptable in their state.
 - Therefore, in Michigan, per the Advisor Council, the black jackets are NOT considered part of official dress, can NOT be worn at competitions and will NOT be allowed on stage.
 - Once inventory is depleted, the red windbreaker will no longer be carried by the SkillsUSA Store:
<http://www.skillsusastore.org/skillsusa/productenlarged.asp?peid=110&pid=1241650>
 - The red windbreaker is grandfathered into the organization and will continue to be considered appropriate clothing in the same contests and events as it was before.

EQUIPMENT AND MATERIALS:

1. Supplied by the technical committee:

- Contest packet (menus, recipes, instructions). The contest guidelines and product recipes and other instructions needed for product preparation will be posted on the SkillsUSA website at: www.skillsusa.org
- All necessary food items, seasonings, etc. No outside food is allowed.
- Contest site organized (work stations, ranges, refrigeration, access to product and additional equipment) in as fair a manner possible for each contestant.
- All necessary platters, dishes, and china necessary for food presentations. GRCC has the following sizes - large rimmed soup bowl - 10 inches, 16 oz capacity to rim, banquet salad plate - 9 inch, banquet entrée plate - 12 inch

- All information and furnishings for judges and technical committee.

2. Supplied by the contestant (at least one of each, but more per item than specified is acceptable). **Please note: No additional equipment will be permitted in the kitchen.** No butane burners will be allowed. Judges will check all equipment upon student check in. **(Penalties will be assessed for each additional item)**

- No. 2 pencil (two each, small note pad if desired)
- Masking tape and marker
- Gloves
- Resume

Knife kit and cook's tools as desired from the following: Note: No other knives will be allowed

- One (1) 8 to 10 inch French cook's knife
- One (1) Paring knife
- Vegetable peeler
- Knife steel
- One (1) 5 to 7 inch Boning knife
- Cook's fork
- Slicing knife (meat)
- One (1) 8 to 10 inch Serrated slicing knife
- Fillet knife
- Utility knife

Kitchen Utensils

- Two (2) rubber spatulas
- Two (2) mixing spoons (one solid, and one perforated)
- One (1) fine-wire whisk
- One (1) 18" x 24" cutting board
- Needle nose pliers or tweezers
- Two (2) pot holders
- Two (2) bar towels
- One (1) 2 oz ladle

- Offset spatula
- Cook's tongs (8–12 in.)
- Pocket thermometer
- Rolling pin
- Piping bags and tips
- Molds or timbals
- Sift pats
- Timer or clock
- Small mesh strainer
- Oven thermometer
- Food handler gloves
- Hair net(s)
- Cheesecloth
- Whisk
- Kitchen spoons
- Stainless steel mixing bowls

Professional cook's tool kit:

- Citrus zester
- Channel knife
- Parisienne scoop
- Apple corer
- Tournier knife
- Canapé or biscuit cutters
- Plastic squeeze bottles

Measuring:

- One (1) tablespoon
- One (1) teaspoon
- One (1) 1/2 teaspoon
- One (1) 1/4 teaspoon
- Measuring Cups
- One (1) 1-quart measuring cup

Sauté Pans (total of 2)

- One (1) 10-inch or 12-inch pan
- One (1) 12-inch pan

Sauce Pans

- One (1) 1-1/2 quart pan
- One (1) 3-3/4 quart pan
- One (1) sauce pan cover

Mixing Bowls

- One (1) 2-quart
- One (1) 3-quart

Other Items

- One (1) Flat Grater - Capable of course shred and fine shred
 - Pastry bags with three (3) tips of the student's choice
 - One (1) Spiral Scale/Portion Scale
 - One (1) small wire mesh strainer
 - One (1) spring tongs
 - One (1) half pan – 2" or 4" deep
 - One (1) full pan – 2" or 4" deep
 - Three (3) third pan – 2" or 4" deep
 - One (1) half sheet tray
 - One (1) sanitation bucket
 - One (1) bench scrapper
 - Tasting Spoons
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- Any other small tools must be approved at the competition by the technical committee chair and must be made available for all other contestants to use.
 - Note:** No electrical devices, pasta machines, other pots and pans, baking trays, mandolins or large equipment will be allowed.
 - Contestants will not be allowed to bring any other items into the kitchen. The judges and technical committee will inspect the contestants' items prior to contestants entering the kitchen. Penalties will be assessed for any extra items.

Skill Performance

The performance phase of this contest will be the actual preparation of food and the arrangement of food on plates and in dishes ready for serving to the customer. (The contest does not include the actual serving of food to the customer).

The skill performance portion of the contest will ask contestants to:

1. Demonstrate and apply food safety principles, procedures, HACCP and key practices for ensuring food safety.
2. Coordinate mise-en-place (setting everything in place in preparation) and apply organizational skills.
3. Demonstrate and apply knowledge of proper cooking methods and techniques as required.
4. Demonstrate knife skills and proper cutting techniques: ability to de-bone, chop, mince, cube, dice, julienne, and/or slice.
5. Demonstrate and apply the proper use of equipment.
6. Demonstrate and apply creative preparation, portioning and presentation of food items.
7. Apply methodology and evaluation of job-related observable skills, competencies, skill proficiencies and scoring sheets/tests (1,000 points) conducted by chefs and culinary instructors.

TASKS TO BE PERFORMED:

The contest will be geared toward the commercial restaurant business rather than dietary aid or pastry preparation. Contestants will demonstrate their ability to perform jobs and skills selected from the following competencies as determined by the Michigan Skills USA Championship Technical Committee.

- The ability to follow a standardized recipe
- Proportion items by today's standards
- Proper use of knives: boning, French, paring and bread
- Selection and preparation of accompaniment salads and proper dressings
- Preparation of entrees
- Preparation of Grand (primary) sauces
- Preparation of basic appetizer, hot or cold
- Selection of proper garnishes and appealing plate presentations
- Select and clean fresh vegetables and salad greens, with appropriate flavorings
- Disjoint-and-bone poultry
- Roast, broil, grill or poach a variety of meats
- Properly slice meats
- Preparation of seafood and fish products
- Preparation of quick breads/muffins/biscuits
- Bread items for sautéing or baking
- Sauté, bake or broil basic food items
- Cook with a water bath
- Marinate meats or vegetables
- Proper vegetable and starch cookery
- Proper soup preparation
- Make a fruit salad
- Preparation of individual desserts
- To properly time the preparation of foods to ensure the highest quality food and efficient equipment usage
- The practice of basic kitchen safety and food sanitation practices
- Prepare any or all of the following products:
 - Appetizer
 - Soup
 - Salad – with emulsified dressing and crudités flower/vegetable garnish and crisp component
 - Entrée – bone, vegetable medley, starch
 - Sauce – roux thickened
 - Stock

Contestants will be given a predetermined selection of all food items. Spoiled or burned supplies will not be replaced. **Please note, recipes may be adapted per judge's request.**

Judges will be scoring based upon:

1. Sanitation and Mise en Place

- Sanitation procedures
- Basic organization/cleanliness/attitude
- Safety

2. Skill Components to be performed

- Vegetable cuts – may include any of the following:
 - Mince
 - Chop
 - Bruniose
 - Julienne
 - Batonnet
 - Dice
 - (all sizes),
 - concasse and chiffonade
- Meat fabrication including but not limited to
 - Chicken
- Specified Menu Preparation including:
 - Two plates/portions of each course.
 - Handling and cleaning of greens
 - Emulsion dressing
 - Soup–may include any of the following:
 - puree, clear, cream
 - Main entrees – 2 different cooking techniques from the following;
 - sauté, roast, braise, stew, poach or panfry
 - Sauces
 - cream, pan sauce, Au Jus, Gravy, Butter sauce, warm vinaigrette, or reduction
 - Vegetable cookery
 - boiling, steaming, glazing, sauté, roasting, pan fry, braising, stewing
 - Starch cookery – may include any of the following;
 - risotto, rice-pilaf, potato-roasted, pureed, pan-fry, boiled, legumes

GENERAL INSTRUCTIONS/ TIPS

- During Orientation for the Contest a member of the Technical Committee will review the contest packet with you.
- Before the Contest, carefully study the contest packet:
 - **Write** a Food List and a Preparation and Cooking Scheduled signed to be ready during the specific service times identified in your packet.
- Please use only as much of each ingredient as necessary. Return unused portions to the supply tables.
- Contact a judge to look at your chicken and waste product before removing anything from your station.
- You may work on any component of your menu at anytime. ie: You can begin working on your stock and/or soup during your protein fabrication time.
- You will present one(1) tasting plate to the Tasting Judges and one(1) presentation plate for the public to see.
- Raise your hand and ask for assistance if there is anything that you do not understand.
 - There will be a period just before the start of the first session when all questions will be answered for all contestants to hear.
 - Once the competition starts, any questions about technique or definitions, etc. will not be answered.
 - Questions about where to find ingredients and the like, will be answered.
- Remember two things–This is about LEARNING and it should be FUN.

If at any time you feel over whelmed and feel that you can not continue, speak to a judge or a member of the Technical Committee. We are here for you!

Event Timing

ALL TIMES TENTATIVE AND SUBJECT TO CHANGE

Judges Orientation Start Time and Location	7:30 AM	ATC 109
Student Check-in and Location	8:00 AM	ATC 117, WHITE HALLWAY
Student and Teacher Orientation Start Time and Location	8:30 AM	KITCHEN 111
Student Only Orientation Start Time and Location	9:00 AM	KITCHEN 111
Mise en Place - Table set up	9:30 AM - All Contestants	
Staggered Start Times Begin	9:45 AM	
Protein Fabrication - 30 minutes	9:45 AM Contestants 1-6	
If the contestant finishes fabrication early, they may move on to general production early.	10:00 AM Contestants 7-12	
	10:15 AM Contestants 13-18	
General Production Begins	10:15 AM Contestants 1-6	
	10:45 AM Contestants 7-12	
	11:00 AM Contestants 13-18	
Soup and Salad Plating Window Closes	12:45 PM Contestants 1-6	
	1:00 PM Contestants 7-12	
	1:15 PM Contestants 13-18	
Entrée Plating Window Closes - Competition Ends	1:15 PM Contestants 1-6	
	1:30 PM Contestants 7-12	
	1:45 PM Contestants 13-18	
Clean up and Break Down - 30 minutes	1:15 - 1:45 PM Contestants 1-6	
	1:30 - 2:00 PM Contestants 7-12	
	1:45 - 2:15 PM Contestants 13-18	
Judges Feedback Session	2:45 PM ATC 109	
Competition Duration	3.5 hours	

SkillsUSA

State of Michigan

High School Culinary Contest

Menu

Chicken Vegetable soup

Composed Salad with Emulsified Dressing

Sauté Chicken Breast with Tomato-Mushroom Ragout

Entrée served with Rice Pilaf and Vegetable Medley

RECIPE INFORMATION - Culinary Competition

Menu Item	Chicken Vegetable soup		
Number of Portions	2	Portion Size	6oz
Cooking Method	Stock		
Recipe yield	1-1 1/2 qt approximately		

Ingredients	
Item	Amount
Chicken bones, leg and thigh	From fabrication
Water	Approximately 40oz
Standard Mirepoix medium dice	10 oz.
Sachet d'Epices	1
Seasoning	To Taste (from common kitchen)

1. Add cold water to chicken bones and meat. Bring to boil- reduce to a simmer. Adjust water as needed
2. Simmer 30 minutes skimming fat and scum
3. Add Sachet
4. Simmer until desired flavor is reached
5. In a separate 2-3 qt sauce pot or stock pot, sweat vegetables in a small amount of fat. Add vegetables in increments according to cooking time.
6. Strain 2/3 of broth, reserving meat, On top of cooked vegetables. Save the rest of the broth to use on other menu items.
7. Clean up all of the cooked chicken meat and cut or shred it as it should be added to the soup as a garnish
8. Reserve some of the chicken meat for garnish on salad

Menu Item	Composed Salad with an Emulsion Dressing		
Number of Portions	2	Portion Size	TBD
Skill Component	Proper Handling of greens along with knife cuts and a permanent emulsion		

Ingredients	
Item	Amount
Chicken garnish	Reserved meat
Varied vegetables	Product table
Emulsifier	Product table
Assorted greens	Product table

1. Use extra white meat chicken, (i.e. tenderloins, wings) to prepare a protein component for the salad. Examples may be: breaded and pan-fried, grilled, chicken salad etc.
2. **A permanent emulsion must be made from ingredients on product table.**
3. Wash and prep assorted greens using sanitary procedures and learned skills. Properly cleaned greens are required.
4. Three room temperature or chilled vegetable garnishes are required. They may be raw or cooked. One must be the tomato concasse prepared in the knife cut segment.
5. A crisp component is required. Examples may include a crostini, potato crisp, or cheese crisp.

Student is allowed to assemble the salad as desired as long as it remains and is presented as a composed salad it must include the components mentioned above

Menu Item	Sautéed Chicken Breast with Mushroom-tomato ragout		
Number of Portions	2	Portion Size	1 breast
Cooking Method	Sauté and roasting		

Ingredients	
Item	Amount
Chicken Breast <i>airline style</i>	2 each
Clarified butter	As needed approx.-2-3 Tbsp
Seasoned flour	¼ cup
Add to flour, salt	½ tsp
pepper	¼ tsp
Garlic powder	pinch
Dry basil	½ tsp

1. Break down chicken into two, skin-on airline style breast with only the first bone of the wing still attached and knuckle removed and frenched.
2. Remove leg and thigh and utilize for other recipe components as instructed
3. Combine seasonings and flour
4. Lightly flour airline breasts, sauté in clarified butter until golden. Remove and place in half pan and finish in 375 degree oven until internal temperature of 155 degrees is reached.
5. Adjust as necessary.

To serve

Slice breast on a diagonal into 3 pieces.
 Serve with mushroom-tomato ragout

Menu Item	Mushroom-Tomato Ragout for chicken		
Number of Portions	TBD	Portion Size	TBD
Cooking Method	Roux base pan sauce		

Ingredients	
Item	Amount
Clarified Butter	1oz
Onions Julienne	½ each
Flour /AP	1oz
White Wine	1 ½ oz
Chicken stock	12 oz
Brown Sauce	4 oz
Tarragon	¼ tsp
Crimini Mushrooms, Quartered	5 oz
White wine	1 oz
Tomato, blanched, peeled, seeded, diced	1 each
Parsley-leaves Minced	1 tsp

1. Heat a sauté pan, add clarified butter. Add julienne onions, sauté until golden. Add 1/2oz flour cook 3-5 minutes to make a roux.
2. Deglaze pan with white wine
3. Add chicken stock, brown sauce and tarragon

4. Cook 15 minutes or until done. Adjust the sauce consistency if needed.
 5. Adjust seasonings as needed
- Sauté Mushrooms in butter 1 minute.
 - Add wine and deglaze
 - Add diced tomato and parsley, season to taste
 - Add to sauce above
 - Adjust for seasoning and consistency

Menu Item	Rice Pilaf		
Number of Portions	2	Portion Size	4 oz each
Cooking Method	Pilaf Method		

Ingredients	
Item	Amount
Clarified Butter	1 Tbsp.
Bruniose diced onions	1oz
Rice	½ cup
Chicken stock	1 ½ cup
salt	TT
pepper	TT
Bay leaf	1 each

1. Cook pilaf method
2. Adjust stock and seasonings as needed.

Menu Item	Vegetables		
Number of Portions	2	Portion Size	TBD
Cooking Method	The cooking method should vary depending on the product being utilized		

Ingredients	
Item	Amount
Asparagus	6
Carrots Julienne	TBD
Snap peas	TBD
Yellow Squash	TBD

1. An important part of the preparation is using your knowledge and skills to properly prepare each vegetable.
2. You must utilize all 6 asparagus
3. Your carrots are to be julienned
4. Make sure snap peas are prepared properly
5. Utilize a professional cut on your yellow squash

Cook your vegetables using proper methods for each vegetable. Assemble them on each plated entrée as you like. Remember to showcase your presentation skills.

CULINARY RUBRIC

Competitor Number: _____ Judge's Signature _____

General Skills ____/25pts.
 Overall Entrée ____/10pts.
 Chicken ____/10pts.
 Sauce ____/5pts
 Rice ____/5pts
 Veg. ____/5pts
 Soup ____/20pts.
 Salad ____/20pts

Sub Total ____/100 pts.
Deductions
 Resume ____/ -10pts.
 Uniform ____/ -15pts.
 Time Penalty ____/ - pts.
 -15% of Sub Total(1- 5 min.)
 -25% of Sub Total (6-10 min.)
 -100% More than 10min

Total Score
 ____ x 100
 Skills USA Score
 ____/1000pts.

Skill USA Culinary Arts	Criteria	Criteria	Criteria	Criteria/Notes
General Skills	Excellent 5 pts.	Good 4 pts.	Average 3 pts.	0 pts. /Notes
Sanitation/Food Handling ____pts.	Follows all sanitation practices.	Displays almost all proper sanitation practices.	Shows some sanitation concerns during preparation.	
Safety/Proper Use of Equipment ____pts.	Follows all safety practices. Selects and uses all tools and equipment properly and safely.	Displays most safety practices. Uses most tools and equipment properly.	Lacks safe industry techniques.	
Mise en Place/Organization ____pts.	Very organized and applies a strong understanding of mise en place.	Mostly organized and displays a good understanding of mise en place.	Lacks a plan; disorganized mise en place.	
Fabrication ____pts.	Demonstrated proper technique. Clean carcass, optimal yield, oyster intact.	Demonstrated most techniques properly with minimal waste.	Lacked proper technique in poultry fabrication.	

Knife Skills
____pts.

Demonstrated proper techniques on all cuts with minimal waste.

Demonstrated most techniques properly with minimal waste.

Lacked proper technique; excessive waste.

General Skills				
Total pts. ____/25				
Overall Entrée Plate	Excellent 5 pts.	Good 4 pts.	Average 3 pts.	0 pts./Notes
Serving Methods/Presentation ____pts.	Closely placed items for maintaining temperature. Hot serving plate. Presentation was excellent. Plates show no smudges. Creativity was evident.	Presentation was good. Food was hot. Plate was mostly smudge free. Demonstrated knowledge of proper food placement and presentation. Some creativity was evident.	Presentation was acceptable. Plate was cold.	
Portion Size ____pts.	Excellent proportions of protein, starch and vegetable.	Good proportions of protein, starch, and vegetable.	Components weren't properly proportioned.	
Chicken	Excellent 5 pts.	Good 4 pts.	Average 3 pts.	0 pts./Notes
Flavor, Taste, Texture, Doneness ____pts.	Great flavor and taste. Proper texture was achieved. Seasoning was balanced and flavorful.	Pleasing, appropriate taste. Good use of seasoning.	Adequate but not outstanding taste. Under or/over seasoned.	

Flavor, Taste, Texture ____pts.	Great flavor and taste. Proper texture was achieved. Seasoning was balanced and flavorful.	Pleasing, appropriate taste. Good use of seasoning.	Adequate but not outstanding taste. Under/ or over seasoned.
Presentation ____pts.	Hot bowl/cup. Presentation was excellent.	Warm bowl. Presentation was good.	Presentation was acceptable.

Salad	Excellent 10 pts.	Good 8pts.	Average 6 pts.	0 pts./Notes
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Flavor, Taste, Texture ____pts.	Great flavor and taste. Proper texture was achieved. Seasoning was balanced and flavorful. Crispy component was crisp. Emulsion was flavorful and stable.	Pleasing, appropriate taste. Good use of seasoning. Plate had all components. Difficulties with Crispy component and/or emulsification.	Adequate but not outstanding taste. Under/ or over seasoned. Missing components.
Presentation ____pts.	Cold serving plate. Presentation was excellent.	Presentation was good.	Presentation was acceptable.

Additional Notes:
